

Research Findings on Diabetes & Tobacco Use



“Post-cessation weight gain may be an issue for smokers with diabetes who are focused on weight management. The weight gain is generally minimal in contrast to the risks associated with continued smoking. Based on the current evidence from the general population, health care providers should inform the patient to the potential weight gain but increase the emphasis on smoking cessation as the priority for all diabetic smokers.”¹⁹



“Studies suggest that smoking cessation may be more likely during or subsequent to a patient’s hospitalization, since there may be an increased sense of vulnerability associated with health risks and consequences of smoking.”¹⁹



“Smoking cessation is one of the few interventions that can safely and cost-effectively be recommended to all patients. Stopping smoking is likely one of the most effective medical actions that can be taken with diabetic patients.”¹⁹



“There appears to be fairly strong evidence for an increased smoking-associated risk of developing type 2 diabetes.”²⁰



“Smoking has been associated with increased blood glucose concentration and insulin and C-peptide responses to oral glucose load have been shown to be significantly higher in chronic smokers with type 2 diabetes than non-smokers with type 2 diabetes.”²⁰



“Several studies have shown that smoking promotes the onset and progression of nephropathy in type 2 diabetes.”²⁰



“Smoking promotes the onset and progression of nephropathy in type 1 diabetes. Eleven percent of non smokers with type 1 diabetes showed progression of diabetic neuropathy over the course of 1 year compared with 53% of smokers with diabetes.”²⁰

References:

¹⁹Diabetes Prevention and Control Program, Utah Department of Health & Utah Tobacco Prevention and Control Program. (2003). *Helping patients with diabetes quit using tobacco*.

²⁰Tonstad, S. (2009). *Diabetes research and clinical practice*, 4(13), 5-9.